

Inappropriate Use of Nursing Bottles (AK 49-USDA 419)

Explain to Participant	<p>You're enrolled in the WIC program today because you have been giving your infant /child bottles in a way that may harm your baby/child. Bottles should only be used to feed mother's milk or iron-fortified formula – no other food or beverages should ever be served to a baby in a bottle. Babies should always be held when they are fed from a bottle. Propping a baby with a bottle is dangerous. It may lead to ear infections, choking on liquids flowing into the lungs, or tooth decay. If your baby is older than 12 – 14 months, the baby should no longer use a bottle; using a bottle for longer than 12 months may give your baby cavities. Using beverages in the bottle, such as soda, fruit juice, or sweetened iced-tea may also lead to tooth decay.</p>	
Goal	<p>The goal is to reduce the risks of tooth decay, ear infections, inadequate/excess nutrient intake, and lack of appropriate nurturing in the feeding relationship.</p>	
Suggestions for Reducing Risk	<p>Follow the recommendations of your WIC counselor regarding weaning from the bottle.</p> <p>Prior to weaning, infants should be held whenever they are given a bottle and formula or mothers milk are the only beverages that should be provided in the bottle. Never provide sweetened beverages or cereal in a bottle.</p> <p>Begin introducing a cup with beverages around 6 months.</p> <p>In order to prevent tooth decay, do not allow the infant/child to sleep with a bottle in the bed.</p>	
Nutrition Education Material Suggested	<p>Explain the nutrition education material suggested.</p> <p><i>Keep Your Baby Smiling; We can Stop Baby Bottle Tooth Decay; FROM BOTTLE TO CUP/WEANING YOUR NURSING BABY; Ready, Set, Feed Me!</i></p>	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Iron Fortified Infant Formula	Protein, Calcium, Vitamins A & C, Iron
	Iron Fortified Infant Cereal	Iron
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information		